

GoodtoKnow

THE 30-DAY WOBBLY THIGH CHALLENGE!

Say hello to legs you love!

DAY 1 Isometric wall squat hold 10 secs F/B lunges 3 each leg alternate x 1 set	DAY 2 Isometric wall squat hold 10 secs Lateral duck walks 5 each way x 1 set	DAY 3 Isometric wall squat hold 10 secs Air squats 8 reps x 1 set	DAY 4 REST	DAY 5 Isometric wall squat hold 15 secs F/B lunges 4 each leg alternate x 1 set	DAY 6 Isometric wall squat hold 15 secs Lateral duck walks 6 each way x 1 set	DAY 7 Isometric wall squat hold 15 secs Air squats 10 reps x 1 set	DAY 8 REST	DAY 9 Isometric wall squat hold 20 secs F/B lunges 5 each leg alternate x 1 set	DAY 10 Isometric wall squat hold 20 secs Lateral duck walks 6 each way x 1 set
DAY 11 Isometric wall squat hold 20 secs Air squats 10 reps x 1 set	DAY 12 REST	DAY 13 Isometric wall squat hold 20 secs F/B lunges 5 each leg alternate x 2	DAY 14 Isometric wall squat hold 20 secs Lateral duck walks 6 each way x 2	DAY 15 Isometric wall squat hold 20 secs Air squats 10 reps x 2	DAY 16 REST	DAY 17 Isometric wall squat hold 30 secs F/B lunges 5 each leg alternate x 2	DAY 18 Isometric wall squat hold 30 secs Lateral duck walks 6 each way x 2	DAY 19 Isometric wall squat hold 30 secs Air squats 10 reps x 2	DAY 20 REST
DAY 21 Isometric wall squat hold 30 secs F/B lunges 6 each leg alternate x 2	DAY 22 Isometric wall squat hold 30 secs Lateral duck walks 7 each way x 2	DAY 23 Isometric wall squat hold 30 secs Air squats 10 reps x 2	DAY 24 REST	DAY 25 Isometric wall squat hold 30 secs F/B lunges 6 each leg alternate x 2	DAY 26 Isometric wall squat hold 30 secs Lateral duck walks 7 each way x 2	DAY 27 Isometric wall squat hold 30 secs Air squats 12 reps x 2	DAY 28 REST	DAY 29 Isometric wall squat hold 35 secs F/B lunges 7 each leg alternate x 2	DAY 30 Isometric wall squat hold 35 secs Lateral duck walks 8 each way x 2

